

Statistics Report 35137, Cornmeal, yellow (Navajo)

Report Date: July 16, 2017 13:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	10.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	384	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1606	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein 1	g	9.85	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) 1	g	5.88	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash 1	g	1.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	72.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary 1	g	9.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total 1	g	1.56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Sucrose 1	g	1.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	0.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose 1	g	0.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch 1	g	61.94	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	2.99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	107	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	225	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	322	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	3.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.242	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.641	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	6.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.093	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Niacin 1	mg	2.470	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid 1	mg	0.595	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 1	mg	0.590	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total 1	µg	34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folic acid 1	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2009
Folate, food 1	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Folate, DFE	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin E (alpha-tocopherol) 1	mg	0.37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma 1	mg	4.86	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta 1	mg	0.37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	1.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 1	g	0.778	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 1	g	0.219	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 1	g	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	2.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated 1	g	2.126	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 1	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	2.352	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated 1	g	2.292	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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18:3 undifferentiated 1	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) 1	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Amino Acids													
Tryptophan 1	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine 1	g	0.307	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine 1	g	0.370	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine 1	g	1.275	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Lysine 1	g	0.301	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine 1	g	0.230	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cystine 1	g	0.184	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine 1	g	0.499	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine 1	g	0.294	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine 1	g	0.494	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine 1	g	0.421	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine 1	g	0.265	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine 1	g	0.769	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid 1	g	0.662	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid 1	g	1.875	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine 1	g	0.360	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Proline 1	g	0.854	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine 1	g	0.471	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD